

Healthy Eating and Oral Health Policy:

Healthy Eating:

1. All children in our care will be provided with healthy and balanced meals and snacks that meet the requirements of the Early Years Foundation Stage (EYFS) framework.
2. We encourage parents to provide a packed lunch that meets our healthy eating guidelines. Packed lunches should include a variety of different food groups, such as fruits, vegetables, whole grains, and lean proteins.
3. We will provide water and milk for children to drink throughout the day. Sugary drinks, such as soda and fruit juice, will not be provided.
4. We will accommodate dietary requirements and allergies for individual children and ensure that they are provided with appropriate and nutritious alternatives.
5. We will work with parents and children to promote healthy eating habits and provide educational opportunities to encourage children to try new foods and understand the importance of a balanced diet.

Oral Health Policy:

1. We encourage good oral hygiene practices for all children in our care. We will provide opportunities for children to brush their teeth after meals and snacks.
2. We ask that parents provide a toothbrush for their child to keep at our setting. Toothbrushes should be labelled with the child's name and replaced regularly.
3. We discourage the consumption of sugary foods and drinks, which can contribute to tooth decay. We encourage parents to provide healthy snacks that promote good oral health, such as fruits, vegetables, and whole grains.
4. We will provide educational opportunities for children to learn about good oral health practices, including brushing techniques and the importance of dental check-ups.
5. We will work with parents and children to promote good oral health habits, such as regular brushing and flossing, and encourage children to take responsibility for their own oral health.